



Welcome to our first newsletter in 2025, a very happy new year to you, we hope this newsletter finds you well and proves useful to finding out all things new about us. As we begin February an end to this particular chilly winter is in sight and warmer, brighter days are in sight. If you want our newsletter straight to your inbox go to our website and sign up at the bottom of the home page.

Friends & Family Test

The Friends & Family Test is designed to allow you to provide feedback on the service we provide. In January 86% of those who gave us feedback said their experience was Good or Very good.

The NHS App

Owned and run by the NHS, the NHS App is a simple and secure way to access a range of NHS services on your smartphone or tablet. This includes prescription requests, view medical records, check symptoms and much, much more.

Do you follow us on Facebook?

Did you know we're on Facebook, you can follow us to keep up to date when with the latest news from us as well as regular health content to make a healthier you.



**Gravesend Medical Centre
Incorporating Chalk Surgery**

Pharmacy First Service

We continue to refer/signpost patients to our community pharmacies. They are able to provide episodes of care for patients without the need for them to visit their GP's. Patients can self-refer to the pharmacy or they can be referred by the practice. The seven conditions they can manage:

- Acute Otitis Media – 1 – 17 years
- Impetigo – 1 year and over
- Infected insect bites – 1 year and over
- Shingles – 18 years and over
- Sinusitis – 12 years and over
- Sore throat – 5 years and over
- Uncomplicated urinary tract infections – women only – 16-64 years

Contact Details

If you have updated any of your contact detail like your mobile number or email address please let reception know to ensure we can get in touch if needed so you don't miss out on important health updates or miss a telephone appointment.

Save A Life. Give Blood.

Following the holiday period blood stocks continue to remain critically low. Donating blood is quick & easy, meaning you could save up to 3 lives in 1 hour. Download the 'NHS Give Blood' app on your phone to find out if you can donate and book your first appointment today.

Veteran Accredited Practice

Did you know we're recognised for our support for those who have served in the UK armed forces? If you have served make sure we know to ensure we offer you effective support. We are committed to the NHS charter ensuring you get the right care.

Patient Participation Group (PPG)

Would you like to help us be the best we can as a practice? By joining the PPG you can bring new ideas to the table to help us treat patients better or to improve what we do in some way. Fill out the form on our website or ask in reception for more information.

Key Dates

06/02 - Time To Talk Day

11/02 - Staff Training (Practice Closure @ 1PM)

28/02-06/03 - Eating Disorder Awareness Week

08/03 - International Women's Day

12/03 - Staff Training (Practice Closure @ 1PM)

21/03 - World Down Syndrome Day

NHS UK Health Security Agency **NHS**

Make sure your child is up to date with their MMR vaccinations

Check your child's red book, and make an appointment with your GP practice to catch up on missed doses

Twinkle twinkle little star, if I'm vaccinated, the safer you are.

Getting vaccinated while pregnant helps protect you and your baby. Speak to your maternity team.

kindest Regards,

The Gravesend Medical Centre Team